

Jean-Charles Lebeau, Ph.D.
Sport and Exercise Psychology
Curriculum Vitae

School of Kinesiology
College of Health
Ball State University
Muncie, IN 47306

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EMPLOYMENT

- August 2017 – present **Assistant Professor**, Sport and Exercise Psychology. School of Kinesiology, Ball State University (BSU), Muncie, IN
- August 2016 – Mai 2017 **Graduate Assistant**, College of Education (COE), Department of Educational Psychology and Learning Systems (EPLS), Florida State University (FSU), Tallahassee, FL
- September 2011 – Mai 2017 **Sport Psychology Consultant**, FSU
- August 2012 – May 2016 **Teaching Assistant**, FSU
- January 2012 – May 2012 **Research Assistant**, Sport Psychology Lab, COE, FSU
- September 2009 – May 2011 **Lecturer** in Sport Psychology (Lille, France)
- September 2008 – May 2011 **Instructor** in Psychology (Wattignies Sport Institute, France)
- March 2008 – August 2011 **Psychologist, adult psychiatry rehabilitation center**, (Berlaimont, France)

EDUCATION

- 2017 **PhD, Sport and Exercise Psychology**, EPLS, FSU, Tallahassee, FL
Dissertation: Effect of acute exercise on driving performance and executive functions in healthy older adults. Advisor: Prof. Gershon Tenenbaum
- 2014 **Certificate in Measurement and Statistics**, EPLS, FSU, Tallahassee, FL
- 2007 **Master of Science in Psychology**, Hns « cum laude », Lille 3 University, Lille, France.
Concentration: Clinical Psychology, specialization in Cognitive-Behavioral Therapy (CBT)
Thesis: Treating panic disorder using CBT with or without Biofeedback
- 2004 **Bachelor of Science**, Applied Institute of Psychology and Sociology, Angers, France
Major: Psychology
- 2002 **Bachelor of Science**, Nantes University, Nantes, France

Major: Physical and Psychological Training

TEACHING EXPERIENCE

BSU, Muncie, IN, USA

Undergraduate courses

Exercise Psychology (online and face to face)

Psychological & Social Issues in Sport (online and face to face)

Graduate courses

Sport Psychology (blended)

Psycho-Social Processes in Sport and Physical Activity (face to face)

Exercise Psychology (face to face)

Psychology of Injury and Rehabilitation (blended)

Performance Psychology (face to face)

FSU, Tallahassee, FL, USA

Undergraduate courses

Applied Sport Psychology (APK 4402) (face to face)

Elementary French 1 (FRE 1120) (blended)

Exercise Psychology (APK 4401) (face to face)

Sport and Exercise Psychology (APK 4400) (face to face)

Elementary French 1 (FRE 1120) (blended) Course Coordinator

Educational Psychology (EDF 4210) (face to face)

Graduate courses- invited lecturer

Performance Psychology (EDF 6937)

Motivation and Emotion (EDF 5300)

COACHING EXPERIENCE

2005-2006 Head Coach, Bicycle Motocross (BMX), Lille BMX team

2003-2004 Assistant coach, Motocross (Youth), Regional Federation, France

SPORT & EXERCISE PSYCHOLOGY CONSULTING EXPERIENCE

2011-2017 *More than 500 hours of applied experience*

- College athletes (rugby)
- Youth sport (soccer and gymnastics),
- Workshop to coaches and parents (gymnastics)
- Older adults in the community

- Adapted physical activity for individuals with disabilities (FDOA)

2015-2017

- Mentor for apprentice consultants in the Sport Psychology program at FSU

PUBLICATIONS

- Lebeau, J.C.**, & Basevitch, I. (in press). Anxiety in Sport. In L. Gershgoren, R. Lidor, & G. Tenenbaum (Eds.), *Fundamental issues in sport and exercise psychology*, Netanya, Israel: Wingate Institute.
- Castillo, E., **Lebeau, J.-C.**, Cho, S., Saenz, C., Chow, G. (in press). Understanding sport expertise through a cultural perspective. *International Journal of Sport Psychology*.
- Monfared, S., **Lebeau, J.C.**, Basevitch, I., Mason, J., & Tenenbaum, G. (in press). Burnout and Level of Arousal: A Neurobiological Perspective to Athlete's Burnout. *Research Quarterly in Sport and Exercise*.
- Liu, S., Boiangin, N., Meir, G., Cologgi, K., **Lebeau, J.C.**, Basevitch, I., & Tenenbaum, G. (in press). Ironic and overcompensating processes under avoidance instructions in motor tasks: An attention imbalance model with golf-putting evidence. *Journal of Experimental Psychology*.
- Razon, S., **Lebeau, J.-C.**, Basevitch, I., Foster, B., *Akpan, A., *Mason, J., *Boiangin, N., Tenenbaum, G. (2019). Effects of acute exercise on executive functioning: Testing the moderators. *International Journal of Sport and Exercise Psychology*, 17(4), 303-320. DOI: [10.1080/1612197X.2017.1349821](https://doi.org/10.1080/1612197X.2017.1349821)
- Lebeau, J.C.**, Gatten, H., Perry, I., Wang, Y., Sung, S., & Tenenbaum, G. (2018). Is failing the key to success? A randomized experiment investigating goal attainment effects on cognitions, emotions, and subsequent performance. *Psychology of Sport and Exercise*, 38, 1-9.
- Castillo, E., **Lebeau, J.C.**, Saenz, C., Cho, S., & Chow, G.M. (2018). Understanding sport expertise maintenance through a motivational perspective. *International Journal of Sport Psychology*, 49, 407-428.
- Richard, V., **Lebeau, J.C.**, Becker, F., Boiangin, N., & Tenenbaum, G. (2018). Developing cognitive and motor creativity in children through an exercise program using nonlinear pedagogy principles. *Creativity Research Journal*, 30(4), 391-401.
- Richard, V., **Lebeau, J.C.**, Becker, F., Inglis, E., & Tenenbaum, G. (2018). Do more creative people adapt better? An investigation into the association between creativity and adaptation. *Psychology of Sport and Exercise*, 38, 80-89.
- Razon, S., **Lebeau, J.C.**, Basevitch, I., Boiangin, N., & Tenenbaum, G. (2017). Acute effects of exercise on cognition in young adults: Strength vs. endurance protocols. *International Journal of Exercise Science: Conference Proceedings*, 9 (5), Article 78. Available at: <http://digitalcommons.wku.edu/ijesab/vol9/iss5/78>

Lebeau, J.C., Liu, S., Saenz, C., Sanduvete-Chaves, S., Chacón-Moscoso, S., Tenenbaum, G., & Becker, B.J. (2016). Quiet-eye and performance in sport: A meta-analysis. *Journal of Sport and Exercise Psychology*, 38, 441-457.

Liu, S., **Lebeau, J-C**, & Tenenbaum, G. (2016). Does exercise improve cognitive performance? A conservative message from lord's paradox. *Frontiers in Psychology*, 7, 1-10.

Lebeau, J.C., & Sides, R. (2015). Beyond the mainstream versus extreme dichotomy: A cyclical perspective on extreme sports. *Sport in Society*, 18, 627-635.

Servant, D., **Lebeau, J.C.**, Mouster, Y., Hautekeete, M., Logier, R., & Goudemand, M. (2008). Heart rate variability: A good indicator of emotion regulation. *Journal de Thérapie Comportementale et Cognitive*, 18, 45-48.

MANUSCRIPTS UNDER REVIEW

Lebeau, J.-C., Mason, J., Roque, N., Tenenbaum, G. Effect of acute exercise on driving performance and executive functions in healthy older adults. *Health Psychology*.

Castillo, E., **Lebeau, J.-C.**, Cho, S., Saenz, C., Chow, G. Understanding sport expertise through a developmental perspective. *International Journal of Sport Psychology*.

MANUSCRIPTS IN PREPARATION

Lebeau, J.C., Vann, S., Gretton, T., Gabler, T., Fuller, A. The effects of acute exercise on applied cognition tasks in frail older adults.

Fryer, A., **Lebeau, J.C.**, Sides, R., Perry, I., & Tenenbaum, G. The Effect of a Self-Talk Intervention on Anxiety, Confidence, and Performance among Elite Dancers.

CONFERENCE PRESENTATIONS

Ciosek, S., Walker, M., Skutt, D., Abbe, A., **Lebeau, J.-C.** (2019, October). Rethinking Coaches' Education: An Innovative Training Program for Coaches. Poster presentation at the National Conference of the Association for Applied Sport Psychology, Portland, OR.

Blake, A.*, & **Lebeau, J.C.** (2019, February). *Social comparison in exercise: How visual display of exercise data affects performance*. Lecture presentation at the Midwest Sport and Exercise Psychology Symposium, Lexington, KY.

Gabler, T.*, Vasiloff, O.*, & **Lebeau, J.C.** (2019, February). *We can all be leaders: A first experience teaching a value-based leadership training session with a Division 1 college team*. Lecture presentation at the Midwest Sport and Exercise Psychology Symposium, Lexington, KY.

Richard, V., **Lebeau, J.C.**, Becker, F, Inglis, E., & Tenenbaum, G. (2018, October). *Do more creative people adapt better? An investigation into the association between creativity and adaptation*. Poster presentation at the National Conference of the Association for Applied Sport Psychology, Toronto, Canada.

Richard, V., **Lebeau, J.C.**, Becker, F, Boiangin, N., & Tenenbaum, G. (2018, October). *Developing Cognitive and Motor Creativity in Children Through an Exercise Program Using Nonlinear Pedagogy Principle*. Lecture presentation at the National Conference of the Association for Applied Sport Psychology, Toronto, Canada.

Lebeau, J.C., Mason, J., Roque, N., Razon, S., & Tenenbaum, G. (2018, June). *The Effects of Acute Exercise on Driving Performance and Executive Functions in Healthy Older Adults*. Poster presentation at the North American Society for Psychology of Sport and Physical Activity, Denver, CO.

Razon, S., **Lebeau, J.C.**, Thomas, M., Kaminsky, L. & Bolin, J. (2018, June). *Effects of Exercise on Cognition: Preventing Decline in Older Adults*. Lecture presentation at the North American Society for Psychology of Sport and Physical Activity, Denver, CO.

Razon, S., **Lebeau, J.C.**, Boiangin, N., Filho, E., Basevitch, I., & Tenenbaum, G. (2017, October). *Promoting Exercise in Chronically Ill and Disabled: Make it Fun!* Panel presentation at the National Conference of the Association for Applied Sport Psychology, Orlando, FL.

Lebeau, J.C., Meir, G., Ward, S.K, & Chow, G.M. (2017, October). *Past, Present, and Future of Supervision in Sport Psychology Research*. Lecture presentation at the National Conference of the Association for Applied Sport Psychology, Orlando, FL.

Chow, C.M., Meir, G., **Lebeau, J.C.**, Ward, S.K., Fryer, A., Luzzi, M., Garinger, L., & D'Addario, A. (2017, October). *Supervision in Sport Psychology: From Research to Provision*. Symposium presentation at the National Conference of the Association for Applied Sport Psychology, Orlando, FL.

Monfared, S.S., **Lebeau, J.C.**, Mason, J., Cho, S., Basevitch, I., Perry, I., Baur, A.A. & Tenenbaum, G. (2017, October). *A Biophysiological Perspective of Athlete's Burnout*. Poster presentation at the National Conference of the Association for Applied Sport Psychology, Orlando, FL.

Lebeau, J.C., Gatten, H.L., Perry, I., Wang, Y., Sung, S., Kiefer, H.R., & Tenenbaum, G. (2017, July). *Goal Attainment Effects on Cognitions, Emotions, and Subsequent Performance in a Golf Putting Task*. Poster presentation at the International Society of Sport Psychology 14th World Congress (ISSP), Sevilla, Spain.

Boiangin, N., Meir, G., **Lebeau, J.C.**, Basevitch, I., Todd, C., Liu, S., Cologgi, K., & Tenenbaum, G. (2017, July). *Ironic or overcompensating error in golf putting: The*

importance of attention imbalance. Poster presentation at the International Society of Sport Psychology 14th World Congress (ISSP), Sevilla, Spain.

- Lebeau, J.C.**, Gatten, H.L., Perry, I., Wang, Y., Sung, S., & Tenenbaum, G. (2017, June). *Goal Attainment and Cognitive Functioning: Exploring the Effects of Goal Success and Goal Failure on Cognitions, Emotions, and Subsequent Performance*. Poster presentation at the North American Society for Psychology of Sport and Physical Activity, San Diego, CA.
- Liu, S., Meir, G., Boiangin, N., Cologgi, K., **Lebeau, J.C.**, Basevitch, I., & Tenenbaum, G. (2017, June). *Ironic or Overcompensating Error in Golf Putting: The Importance of Attention Imbalance*. Lecture presentation at the North American Society for Psychology of Sport and Physical Activity, San Diego, CA.
- Lebeau, J.C.**, Gatten, H.L., Perry, I., Wang, Y., Sung, S., & Tenenbaum, G. (2017, April). *Goal Attainment Effects on Cognitions, Emotions, and Subsequent Behavior in a Golf Putting Task*. Poster presentation at the Marvalene Hughes Research in Education Conference, Tallahassee, FL.
- Liu, S., Meir, G., Boiangin, N., Cologgi, K., **Lebeau, J.C.**, Basevitch, I., & Tenenbaum, G. (2016, September). *Ironic or overcompensation error in golf putting: An exploration on moderators*. Lecture presentation at the National Conference of the Association for Applied Sport Psychology, Phoenix, AZ.
- Castilo, E., **Lebeau, J.C.**, Cho, S., Saenz, C., & Chow, G. (2016, September). *Understanding Sport Expertise Development & Maintenance Through Developmental, Motivational, and Cultural Perspectives*. Poster presentation at the National Conference of the Association for Applied Sport Psychology, Phoenix, AZ.
- Razon, S., **Lebeau, J.C.**, Basevitch, I., Boiangin, N., & Tenenbaum, G. (2016, June). *Acute effects of exercise on executive functioning: Implications and recommendations*. Paper presentation at the International Wingate Congress of Exercise and Sport Sciences, Netanya, Israel.
- Liu, S., **Lebeau, J.C.**, & Tenenbaum, G. (2016, April). *A critical view on the notion that exercise improves cognition*. Poster presentation at the Marvalene Hughes Research in Education Conference, Tallahassee, FL.
- Sanduvete-Chaves, S., Chacón-Moscoso, S., **Lebeau, J.C.**, Liu, S., Sáenz-Moncaleano, C., Becker, B. J. & Tenenbaum, G. (2015, July). Influence of methodological quality of primary studies included in meta-analyses: The case of the quiet eye period in sport. Invited paper at the symposium *Advances in meta-analysis*, coordinated by Julio Sánchez-Meca. *XIV Congreso de Metodología de las Ciencias Sociales y de la Salud* [XIV Congress of Methodology in Health and Social Sciences]. Mallorca, Spain.
- Razon, S., **Lebeau, J.C.**, Foster, B., Mason, J., Boiangin, N., & Tenenbaum, G. (2015, July). *Acute exercise-cognition relationship: testing the moderators*. Poster presentation at the European Federation of Sport Psychology, Bern, Switzerland.

- Saenz, C., Liu, S., **Lebeau, J.C.**, Sanduvete-Chaves, S., Chacón-Moscoso, S., Tenenbaum, G., Becker, B. (2015, July). *Quiet Eye Training for Performance Enhancement in Sports: A Meta-Analysis*. Poster presentation at the European Federation of Sport Psychology, Bern, Switzerland.
- Lebeau, J.C.**, Liu, S., Saenz, C., Sanduvete-Chaves, S., Chacón-Moscoso, S., Tenenbaum, G., Becker, B. (2015, June). *Quiet-Eye and Performance in Sport: A Meta-Analysis*. Poster presentation at the 2015 North American Society for the Psychology of Sport and Physical Activity, Portland, OR.
- Razon, S., **Lebeau, J.C.**, Akpan, A., Foster, B., Mason, J. (2014, October). *Exercise Improves Cognition. How to Get the Best Out of it?* Lecture presentation at the 2014 National Conference of the Association for Applied Sport Psychology, Las Vegas, NV.
- Gutierrez, O., **Lebeau, J.C.**, Dobersek, O., Boiangin, N., Nier, B., Wong, A. (2014, October). *Exercise and Psychological Well-Being Among Adults with Disabilities: A Community Outreach Program*. Poster presentation at the 2014 National Conference of the Association for Applied Sport Psychology, Las Vegas, NV.
- Lebeau, J.C.**, Razon, S., Akpan, A., Foster, B., & Tenenbaum, G. (2014, June). *Acute Effects of a Physical Activity Bout on Cognitive Function in Adults*. Lecture presentation at the 2014 North American Society for the Psychology of Sport and Physical Activity, Minneapolis, MN.
- Gutierrez, O. & **Lebeau, J.C.** (2014, February). *Applying Sport and Exercise Psychology to People with Disabilities: Lessons Learned*. Lecture presentation at the 6th Annual SPEAR Conference, Tallahassee, FL.
- Lebeau, J.C.**, Medeiros Filho, E., Basevitch, I., Razon, S., Tenenbaum, G. (2013, October). *Consulting Across the Lifespan: Lessons Learned from Applied Experiences*. Lecture presentation at the 2013 National Conference of the Association for Applied Sport Psychology, New Orleans, LA.
- Lebeau, J.C.**, & Dobersek, U. (2013, April). *How to build trust to increase team cohesion?* Workshop presentation at the 2013 Southeast Regional Conference of the Association for Applied Sport Psychology, Statesboro, GA.
- Razon, S., Tenenbaum, G., & **Lebeau, J.C.** (2012, February). *The Effects of Mental Imagery Use on a Progressive Cycling Task Performance*. Lecture presentation at the 2012 Southeast Regional Conference of the Association for Applied Sport Psychology, Miami, FL.
- Servant, D., **Lebeau, J.C.**, Mouster, Y., Hautekeete, M., Logier, R., Goudemand, M. (2007). *Biofeedback par la variabilité de la fréquence cardiaque (cohérence cardiaque) : nouvelle approche TCC du trouble panique*. Communication à l'AFTCC, congrès national du 13, 14 et 15 décembre 2007.

GRANTS

- 2019 “Cardinal Zumba Physical Activity and Nutrition Education program”.
Role on Project: Co-PI
Agency: The Friends of Muncie Endurathon
Pending review - \$5000
- 2019 “Fitness Level and Stress Appraisal Effects on Stress Responses and Subsequent Cognitive Performance”.
Role on Project: PI
Agency: Association for Applied Sport Psychology
Awarded - \$500,00
- 2019 “Yes! I Can! A Community-Based Program to Improve Physical Activity and Nutrition Habits of African American Female Middle-School Students”.
Role on Project: Co-PI
Agency: Indiana Minority Health Coalition
Awarded - \$38,087
- 2019 “Fitness Level and Stress Appraisal Effects on Stress Responses and Subsequent Cognitive Performance”.
Role on Project: Co-PI
Agency: Association for Applied Sport Psychology
Not funded - \$1,1600
- 2019 “Effects of active classrooms on physical activity, attention, and enjoyment among children: A pilot study”.
Role on Project: PI
Agency: BSU, College of Health Internal Grant Program
Awarded - \$2,000
- 2019 “Professional Development Training to Improve Physical Activity and Physical Education in K-12 Schools”.
Role on Project: PI
Agency: Indiana State Department of Health
Not funded: - \$5,191
- 2019 “Cardinal Wellness: Developing a community-based behavioral intervention laboratory for Ball State's College of Health undergraduates”.
Role on Project: Co-PI
Agency: National Institute of Health
Not funded - \$428,475
- 2019 “Cardinal Wellness: A community-based interprofessional experience for Health undergraduate students.”
Role on project: Co-PI
Agency: American Beverage Foundation for a Healthy America
Awarded - \$19,266
- 2018 “Cardinal Wellness: A community-based interprofessional experience for Health undergraduate students”

- Role on Project: CO-PI
Agency: Discovery Group, Ball State University Foundation
Awarded - \$8,900
- 2017 "Helping older adults to live longer and better: Investigating the effects of acute exercise on cognition and everyday life functioning among older adults living in assisted living facilities"
Role on project: PI
Agency: BSU, Sponsored Project Administration
Awarded - \$500
- 2016 Conference Travel Grant
Role on project: PI
Agency: FSU, Council on Research in Education
Awarded - \$300
- 2016 "Visual Attention and Awareness Technology for Instructions"
Role on project: Co-PI
Agency: FSU, Student Technology Fee Grant
Awarded - \$15,636
- 2015 "Health Behavior Change Technology for Educational Advancement"
Role on project: Co-PI
Agency: FSU, College of Education Technology Grant
Awarded - \$3,300
- 2015 "EEG Dry-Cap Technology for Testing Underlying Mechanisms in Performance"
Role on project: Co-PI
Agency: FSU, Equipment and Infrastructure Enhancement Grant (EIEG)
Awarded - \$34,373
- 2014 Conference Travel Grant
Role on project: PI
Agency: FSU, Council on Research in Education
Awarded - \$300
- 2013 "Motion Capture Systems: Biomedical and Psychological Applications"
Role on project: Co-PI
Agency: FSU, Equipment and Infrastructure Enhancement Grant (EIEG)
Awarded- \$44,022
- 2013 "Technology for Educational Advancement"
Role on project: Co-PI
Agency: FSU, Education Technology Grant
Awarded- \$7,112
- 2012-2015 "Exercise and Psychological Well-Being Among Adults with Disabilities: A Community Outreach Program"
Role on the project: PI
Agency: Association for Applied Sport Psychology Community Outreach Grant

Awarded- \$1,000

Professional Development Grant

Role on project: PI

Agency: FSU, Congress of Graduate Students

Awarded - \$1,000 total

STUDENT ADVISING EXPERIENCE

Master's Thesis Committee Chair

Taylor Gabler	Increasing Physical Activity Behaviors in College Students Using the Theory of Planned Behavior
Sarah Ciozek	Personality, Motivation, Barrier Perception, and Preferences in Physical Activity
Andersen, Lucas	Fitness Level and Stress Appraisal Effects on Stress Responses and Subsequent Cognitive Performance
Blake, Allison	Social Comparison in Exercise: How Visual Display of Exercise Data Affects Performance

Master's Thesis Committee Member

Ausmus, J.C.	The Relationship Between Social Media and Disordered Eating in College-Aged Female Gymnasts
Katie Califano	Psychological and physiological effects of music on adolescents during soccer practice

SERVICES

Professional

2019-Present	Member, International Relations Committee, Association for Applied Sport Psychology
2018-Present	Reviewer, Rehabilitation Process and Outcome Reviewer, Quarterly Journal of Experimental Psychology
2017-Present	Reviewer, Journal of Sport and Exercise Psychology
2016-Present	Reviewer, International Journal of Applied Sports Sciences

2014-Present	Conference Abstract Reviewer, Association for Applied Sport Psychology
2014	Editorial Assistant <i>Critical Concepts in Sport Studies-Exercise Psychology (4 volumes)</i>
University/College	
2018-Present	Committee member, Tenure-track Advisory Group
2014	Committee member to recruit a new faculty for the Sport Psychology program at Florida State University.
2013-Present	Advising undergraduate DIS students and supervising their work.
2012-Present	Dr. Tenenbaum's Sport and Exercise Psychology Lab: researcher, technician, grant writing, running workshops
2012-Present	College of Education Week, Florida State University <i>Presentation and demonstration of equipment used in Sport and Exercise Psychology: Eye-Tracking, Biofeedback, Neurotracker</i>
2012-Present	Digitech, Florida State University <i>Presentation and demonstration of equipment used in Sport and Exercise Psychology: Eye-Tracking, Biofeedback, Neurotracker</i>
2012-Present	Sport Psychology Equipment Workshops, Florida State University <i>Biofeedback Training Workshop: Organizer and Presenter</i>
2012	FSU faculty, Athletic Department Personnel, and College of Education <i>Biofeedback Training Workshop: Organizer and Presenter</i>
Department/Program	
2019-Present	Committee member, Salary Appeals Committee
2015	Course development APK 4402 Applied Sport Psychology and APK 4403 Performance Psychology
2014-Present	Student member in the Leaders Group for sport and exercise psychology curriculum development, student advisement, funding project promotion, development of an alumni association, promote the development of the program
2014-Present	Supervising field internship hours for master's and doctoral students in the Sport and Exercise Psychology program, FSU

- 2014 Committee member for the selection of new PhD and Master Students for the Sport Psychology program at FSU
- 2013 Course development APK 4401 Exercise Psychology
- 2013 Course coordinator FRE 1120 French 1
- Community**
- 2013-2014 Leader of the Community Outreach Program providing sport & exercise psychology services for adults with disabilities and coaches/staff working with them

AWARDS

- 2019 Diversity Award, Ball State University
- 2016 Hazel Royal Stephens O'Connor Dillmeier Endowed Fellowship in Sport Psychology
- 2016 Graduate Assistant Scholarship, EPLS, FSU
- 2012-2016 Teaching Assistant Scholarship, EPLS, FSU
- 2012 & 2015 Teaching Assistant Scholarship, Department of Modern Languages, FSU
- 2012 Graduate Assistant Scholarship, EPLS, FSU

PROFESSIONAL CERTIFICATES & TRAINING

- 2016 Mindfulness Meditation Training for Sport, 1-day workshop with [Dr. Amy Baltzell](#)
- 2016 Motivational Interviewing training, 8 hours workshop with [Dr. Elizabeth Jenkins](#)
- 2014 Graduate Certificate in Measurement and Statistics
Upon successful completion of:
EDF 5401: General Linear Model Applications (GLM)
EDF 5402: Advanced Topics in Analysis of Variance Applications (ANOVA)
EDF 5406: Multivariate Analysis Applications (MVA)
EDF 5432: Measurement Theory I (MT I)
EDF 6937: Structural Equational Modeling (SEM)
EDF 6937: Advanced Topics (Meta-Analysis)
- 2012 Professional Instructional Excellence (PIE) Certificate, FSU, Tallahassee, FL

PROFESSIONAL MEMBERSHIPS

- 2012-Present North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
- 2012-Present Association for Applied Sport Psychology (AASP)